



going global with youth

Catholic high schools & the CRS FoodFast program

CRS FoodFast

Open students' eyes to the realities of hunger. Explore the obstacles to food security and the numerous ways the Catholic Church strives to remove them throughout the world. Inspire students to get involved in efforts that help bring an end to hunger and foster change in the world.

HOW?

Introduce your school community to CRS FoodFast, Catholic Relief Services' hunger awareness experience for young people. Through fasting, learning activities, social analysis, reflection, service and prayer, students come face-to-face with the reality of hunger for nearly 1 billion people in the world.

WHY CRS FOODFAST?

1) You can choose between themes with local and global dimensions, for example:

ENOUGH ... If indeed there is **ENOUGH** food for all, why do so many go without **ENOUGH** food in their lives?! Explore hunger and food security issues in a world of plenty.

JUST Food ... What does it mean to have a just or "right" relationship with food? Explore the relationship between our attitudes and use of food and our Catholic faith. Discover how our lifestyles and eating habits can foster food justice and food security locally and globally.

2) It's easy and accessible! All the **FREE** resources are available for download at foodfast.org.

3) Students are provided simple, concrete ways to respond to global hunger and get involved with the mission and work of CRS through social media, service, awareness-raising and fundraising.



4) There are numerous formats to meet your scheduling needs:

- Use the **24-hour or 10-hour version as an optional retreat** experience, a formation experience for student leaders or a unique learning experience on hunger and poverty for the entire school community.
- Integrate CRS FoodFast's core learning experience for each theme into a classroom setting using the **3-Hour module**.
- Sponsor a Parent/Student hunger awareness night with the **Family Night Module**.
- Weave any of the **learning and/or prayer elements** of CRS FoodFast into school-wide activities focusing on hunger, global solidarity, and Catholic Social Teaching themes or in the preparation of students for short-term mission experiences (e.g., Spring Break work camp, ongoing service experience, etc.).

5) You become part of a growing community of schools and parishes participating in CRS FoodFast.

Ready to take the next step? Visit foodfast.org to learn more.

